



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 19018, Fruit syrup

Report Date: June 26, 2017 16:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	14.74	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kcal	341	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Energy	kJ	1425	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Protein	g	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Ash	g	0.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Carbohydrate, by difference	g	85.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Fiber, total dietary	g	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Sugars, total	g	53.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
<strong>Minerals</strong>													
Calcium, Ca	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Iron, Fe	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Phosphorus, P	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Potassium, K	mg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Sodium, Na	mg	0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Zinc, Zn	mg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Copper, Cu	mg	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Manganese, Mn	mg	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Selenium, Se	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Thiamin	mg	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Riboflavin	mg	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Niacin	mg	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Pantothenic acid	mg	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin B-6	mg	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Choline, total	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Betaine	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin A, IU	IU	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
<b>Amino Acids</b>													
Tryptophan	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Threonine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Isoleucine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Leucine	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Lysine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Methionine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Cystine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Phenylalanine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Tyrosine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Valine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Arginine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Alanine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Aspartic acid	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Glutamic acid	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Glycine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Proline	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Serine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015